

Diabetes and Cardiovascular Risk: Affecting Change in Communities to Increase Physical Activity

**Satellite Conference
Tuesday, May 18, 2004
2:00-4:00 p.m. (Central Time)**

Produced by the Alabama Department of Public Health
Video Communications Division

Faculty

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**Ms. Stacye Palmer, M.P.A.
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Outdoor Recreation/Community Planner
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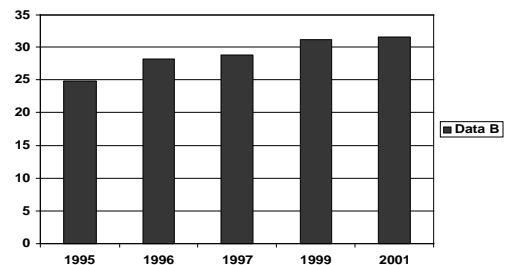
Objectives

- Discuss counties with high diabetes and cardiovascular disease rates in the state of Alabama.
- Highlight programs in Alabama that impact lifestyles and make a difference in decreasing the development of chronic diseases.

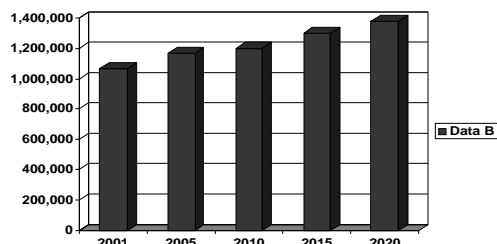
Objectives

- Provide an update in treatment options for those who are diagnosed with diabetes and heart disease.
- Explore funding opportunities provided by the National Park Service that may be used at the local level.

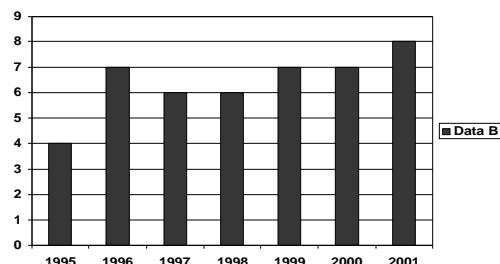
Hypertension (Alabama 1995-2001)



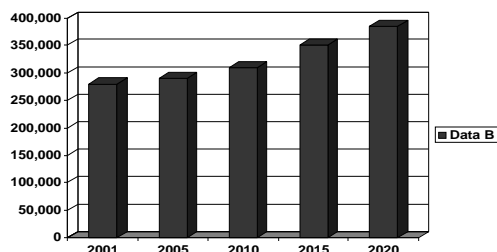
Estimated Number of Alabama Adults With Hypertension 2001-2020 (Projected)



Diabetes (Alabama 1995-2001)



Estimated Number of Alabama Adults With Diabetes 2001-2020 (Projected)



Metabolic Syndrome

- Insulin resistance syndrome
- Elevated insulin
- Elevated fasting blood sugar (above 100)
- High blood pressure (above 130/85)
- High blood triglycerides (above 150 mg/dl)
- Obesity (abdominal girth in men over 40 inches, women over 35 inches)
- Low HDL cholesterol (less than 40 mg/dl for men and less than 50 mg/dl for women)

Metabolic Syndrome

- In the U.S., 25% of adults have Metabolic Syndrome
- Increases the risk of dying from coronary heart disease by a factor of 4
- Increases the risk of having a stroke by a factor of 2
- Increases the risk of having chronic kidney disease by a factor of 2.5
- Adverse health events occur earlier than are usually seen

Alabama

- Prevalence of diabetes, hypertension and metabolic syndrome
- Adults: 3,300,000
- Persons with diabetes: 8.5% (280,500)
- Persons who do not know they have diabetes: 4.2% (140,500)
- Persons with "pre-diabetes": 8.5% (280,500)
- Total at-risk or with diabetes: 701,500

Alabama

- Persons with hypertension: 31.6% (1,042,800)
- Persons with “pre-hypertension”: 20% (660,000)
- Total at-risk or with hypertension: 1,702,800
- Persons with high BMI, hypertension and diabetes: 126,000 (at-risk for metabolic syndrome)

Investigating Funding Opportunities at the Local Level

Stacye N. Palmer, M.P.A.
Alabama State Project Director
National Park Service

Rivers, Trails and Conservation Assistance

The RTCA helps communities by developing “close to home” outdoor recreation and conservation amenities

Who Do We Assist?

RTCA staff respond to requests from grassroots organizations, local municipalities, and state agencies to help preserve river corridors, protect open space, and plan new trails and greenways.

Types of Assistance

- Helps create visibility and recognition for a project
- Coordinates public and private partners
- Helps develop community visions and sustainable organizations
- Plans and facilitates workshops and meetings
- Shares information on conservation strategies
- Helps locate financial and programmatic assistance

Variables That Influence A Person’s Decision To Use Passive Forms of Recreation For Physical Activity

- Personal barriers
- Environmental barriers

Urban design practices that promote more walking and biking have a meaningful benefit regardless of transportation

Funding

What funding opportunities are available for local communities?

- **Transportation enhancements**
- **Public Lands Highways Discretionary Fund**
- **Surface Transportation Program**
- **Recreation Trails Program**
- **Agency services**
- **Fundraising**

Transportation Enhancements

Program that stems from the Surface Transportation Program funding, for projects that help make the link between communities and transportation.

Public Lands Highways Discretionary Fund

Funds reserved for distribution by the Secretary of Transportation for project proposals submitted by states.

Surface Transportation Program

Funds that may be used for either the construction of bicycle transportation facilities and pedestrian walkways, or non-construction projects such as maps, brochures, and public service announcements.

Recreational Trails Program

Funds that may be used for motorized or non-motorized trails.

Agency Services

Staff time from federal agencies.

Foundations

Funding from private resources.

Fundraising

Funds established by traditional and entrepreneurial methods.

Web Site Resources

- <http://www.fndcenter.org>
- <http://www.fundsnetsservices.com>
- <http://www.gsa.gov/fdac/.htm>
- <http://www.donordata.com>
- <http://www.quinlan.com>
- <http://www.mott.org>
- <http://americanhiking.org/endowment.html>

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